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MARINEFORCESRESERVE | JUNE 2015

COMMUNICATOR

BY THE NUMBERS

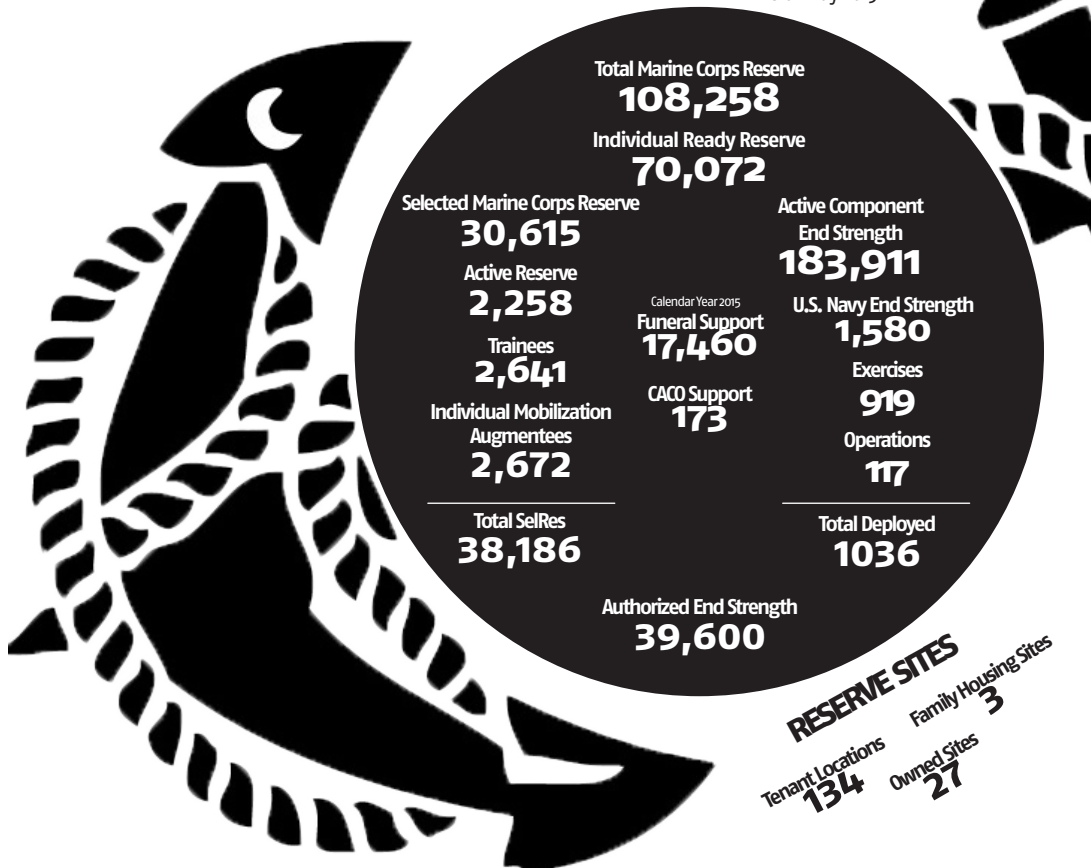
* As of May 2015



LT. GEN. RICHARD P. MILLS

Commander, Marine Forces Reserve

As Marines and Sailors, we are in a hazardous business. As a result, we assess risks and apply safety protocols in all of our operations. It is critical that we do the same in our personal lives. We are now entering the "101 Critical Days of Summer." You have heard the concept, and you are aware of the hazards. It is our obligation, as leaders, to demand personal accountability of our Marines and Sailors. We cannot afford to lose one single Marine or Sailor due to preventable mishaps or bad decisions. Think before you act and look after one another. It's what we have always done as Marines and what we will continue to do. Semper Fidelis.



Click on the names below to view the bios and photos

LEADERSHIP

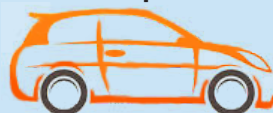
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|---|-----------------------------|
| Secretary of the Navy | Hon. Ray Mabus |
| Commandant of the Marine Corps | Gen. Joseph F. Dunford, Jr. |
| Assistant Commandant | Gen. John M. Paxton Jr. |
| Sergeant Major of the Marine Corps | Sgt. Maj. Ronald L. Green |
| Commander, Marine Forces Reserve | Lt. Gen. Richard P. Mills |
| Executive Director, Marine Forces Reserve | Mr. Gregg T. Habel |

| | |
|---|----------------------------------|
| Sergeant Major, Marine Forces Reserve | Sgt. Maj. Anthony A. Spadaro |
| Command Master Chief, Marine Forces Reserve | CMDCM Christopher D. Kotz |
| 4th Marine Division | Maj. Gen. Paul W. Brier |
| 4th Marine Aircraft Wing | Maj. Gen. William T. Collins |
| 4th Marine Logistics Group | Brig. Gen. Patrick J. Hermesmann |
| Force Headquarters Group | Brig. Gen. Helen G. Pratt |



Summer Safety

Summer is right around the corner use these helpful tips to keep you, your Marines and families safe for the summer. For more information about any of these topics, click the links provided.



Driving Safety:

Don't drive distracted. No texting or talking on your phone.

Don't eat or drink while driving.

Don't use hand-held technology.

Always plan ahead. Make sure you have a designated driver if you plan on consuming alcohol.

Ensure your vehicle is up-to-date with routine maintenance. Don't forget to check the spare tire!

Never leave children or pets unattended in a vehicle.

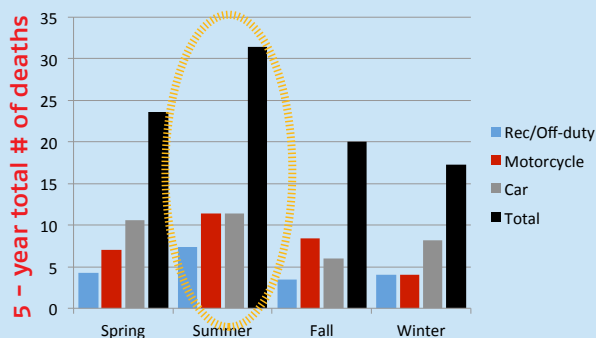
Avoid driving tired.

Watch for motorcyclists, bicyclists and pedestrians.

Keep an emergency kit in your vehicle at all times. Your kit can include a first aid kit, flashlights, jumper cables, basic tools, water, nonperishable food and a map.

www.nhtsa.gov/Driving+Safety

Summer Traffic Deaths



Data shows average Off-Duty/Recreational Fatalities, FY10-14, for Navy and Marine Corps; total includes pedestrians

<http://www.public.navy.mil/comnavsafecen/Pages/index.aspx>

Water Woes:

Always swim with a partner.

Never allow young children to swim without adult supervision.

Never swim when you are tired, under the influence of alcohol, drugs or medication.

Know and observe your swimming limitations and capabilities.

Avoid swift-moving water. If caught in a current, swim with it and angle towards shore or the edge of the current.

Stay out of the water during thunderstorms and severe weather.

www.redcross.org/prepare/disaster/water-safety/swim-safety



Stay Afloat:

Learn to swim. Don't rely on a life preserve or fellow passenger.

Don't drink while boating.

Wear an approved life jacket.

Before you launch, make sure you let someone know where you're headed.

Take classes on navigation, weather and emergency procedures.

Check the forecast and watch the weather. If you see or hear a storm get back to land.

www.wlf.louisiana.gov/boating/required-equipment-regulations

Cook Out:

Keep your grill at least three feet away from your house, porch, shed, trees or bushes.

Use starter fluid that is made for barbecue grills. Don't squirt starter fluid on a fire after you already tried to start it.

Never use gasoline to start or restart charcoal. Gasoline is highly explosive and dangerous.

Read the instructions so you can properly use and store your grill.

www.nws.noaa.gov/os/heat/

Fireworks:



Never allow children to play with or ignite fireworks.

Read and follow all warnings and instructions.

Be sure people are out of range before lighting fireworks.

Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.

Never try to relight fireworks that have not fully functioned.

In case of a malfunction or fire, keep a bucket of water/garden hose and/or fire extinguisher at the ready.

www.fireworkssafety.org/

Beat the Heat: Recognizing heat casualties and how to prevent them.

Heat Cramps

Symptoms: Painful muscle spasms.

Treatment: Move to shade, hydrate, and stretch.

Prevention: Acclimatize to environment, maintain hydration, wear light, loose clothing, and apply sunscreen.

Heat Exhaustion

Symptoms: Headache, nausea, dizziness, weakness, and cool clammy skin.

Treatment: Stop and rest, hydrate, get a cool room or shade, loosen clothing, and apply cool wet towels or pour cold water over the head.

Prevention: Same as heat cramps.

Heat Stroke

Symptoms: Headache, nausea, dizziness, weakness, and cool clammy skin.

Treatment: Stop and rest, hydrate, get a cool room or shade, loosen clothing, and apply cool wet towels or pour cold water over the head.

Prevention: Same as heat cramps.

www.nws.noaa.gov/os/heat/